



Sabbath Keeping Youth

~~DRINK FROM THE SAUCER~~

I've never made a fortune,
and I'll never make one now,
But it really doesn't matter
'cause I'm happy anyhow.
As I go along my journey
I'm reaping better than I've
showed.
I'm drinking from the saucer
'Cause my cup has
overflowed.

I don't have a lot of riches,
And sometimes the going's
tough
But with kin and friends to
love me
I think I'm rich enough.
I thank God for the blessings
That His mercy has
bestowed.
I'm drinking from the saucer
'Cause my cup has
overflowed.

He gives me strength and
courage
When the way grows steep
and rough,
I'll not ask for other
blessings for
I'm already blessed enough.
May we never be too busy
To help bear another load.
Then we'll all be drinking
from the saucer
When our cups have
overflowed.

~Author Unknown~

God Says, Give Thanks

God has given us many wonderful gifts. The most incredible gift He gave us is His Son, Jesus. God sent Jesus to earth so Jesus could have all the same feelings and experiences that we have. God also allowed Jesus to be punished for our sins. Jesus did this so we could ask God to forgive us when we do something that is wrong.

God has given us many other great gifts. He gave us life! We can breath, play, and learn everyday! God gave us parents, friends, and a great church with wonderful teachers to help us learn more about Him.

The Bible tells us that we need to thank God for all the good gifts that

He has given us. Look up Psalm 118:1. It says, "Give thanks to the Lord, for He is good. For His loving kindness is everlasting."

We would have nothing if it was not for God. In fact, we would not even be alive if it wasn't for God, because He created us. Use this month to spend some extra time being thankful. Thank God for all He has given you. You could even surprise your parents or your teachers by telling them how thankful you are that God put them in your life!



The Parents Corner

No matter how much you try, it is hard to teach your children to appreciate and be thankful for what they have. Below are a few ideas you can use this month to help your kids realize how blessed they are.

- Say a family prayer that starts, "Thank you God for...", and let each family member finish the sentence.
- Have your child write a thank you card to a teacher.
- Have each family member write a little note to every other family member. The note should tell something about them that you are thankful for. Hand deliver your notes on a specific evening.
- Do an outing as a family to a nursing home, hospital, homeless shelter etc. Take along something to share with others. When you get home, discuss how much your family has to be thankful for.

Teach An Attitude of Gratitude

A critical virtue every parent needs to nurture in his or her child is an attitude of gratitude. Children are not naturally born with the ability to appreciate all the blessings they have. Parents need to teach the attitude of gratitude by making thankfulness a priority in their home.

In today's society our children learn what they have is never enough. The media has done a wonderful job teaching our children the more expensive the price tag the better the item is and nothing of lesser value will do. In addition to this, they learn true happiness comes in a package.

Children with the attitude of the "gimmies" did not get that way by accident. It occurred because the parents indulged their children's every whim and did not make gratitude a part of their daily living. The best way to teach your children to have an attitude of gratitude is to live it. Looking to scripture is the best place to begin to learn about this very important virtue.

There are many scriptures in the Bible that teach the importance of showing gratitude toward God. In fact, sixty percent of the prayers and eighty percent of the Psalms recorded in the Bible are about giving God thanks. In Matthew 11:25 and John 11:39-44 we read about Jesus saying thank you to His Father. Paul taught those he ministered to about the importance of being thankful, "Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ" (Ephesians 5:20). He taught as well that an attitude of thankfulness was a vital part of prayer life, "I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men;" (1 Timothy 2:1). And, "Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God" (Philippians 4:6).

It is your responsibility as a parent to help your children understand they have things to be thankful for. What follows are some ways parents can model and teach their children an attitude of gratitude.

Prayer Time

Teach your children that prayer is more than just a time to "ask for something." Prayer should also be a time to show appreciation for home, food, clothes, family, friends, toys, etc.

Thankful for the non-material

Teach your children they are surrounded by blessings. Such as parents who love them, teachers who care and help them grow and friends to play with.

Look To Nature

Teach your children to appreciate the beauty that surrounds them. If you live by the ocean, be in awe of the crashing waves and rugged coastline. Enjoy the beauty of a sunrise or sunset. There is much beauty to be seen in God's creation.

Express Appreciation

Teach your children to transform their verbal thank yous into actions. This may be expressed through the simple gesture of a hug or a smile, a homemade card or a special picture drawn especially for someone sick in bed.

Verbalize Appreciation

Recognize your child's contributions to the family. As an example, when your child takes the trash out or sweeps the porch without being told, let him know you appreciate his help around the house. This teaches respect and gratitude for others and encourages good manners.

Thank You Notes

Have your children write thank you notes for the gifts they receive. Explain to your children that a thank you note lets the giver of the gift know you received the gift and that his/her thoughtfulness is appreciated. The exercise of the thank you note will teach gratitude and courtesy.

Thankfulness and the ability to express gratitude is a basic manner. When you teach your children to master the virtue, you are giving them the tools to communicate respect, courtesy and the ability to be comfortable in any setting.

Psalms of Individual Thanks

Psalm 30, 34, 40, 130

The Book of Psalms is an Old Testament book. This book contains 150 poems of prayer and songs, which express the inner most thoughts and feelings of the writer. There are several authors of the Psalms. The greatest contributor is David who wrote 73 psalms. The Psalms communicate a huge range of human experiences. In times of trouble and despair one may find comfort. At the height of joy there is guidance in how to praise and thank God for His love and everlasting mercy. This may be why the book of Psalms is a favorite part of the Bible for many people. There are many types of psalms. The ones in this month's lesson express thanks to God from individuals.

Read Psalm 30

This psalm is attributed to David, Israel's greatest king. David thanks God for delivering him. He tells how the Lord has been his salvation and how God is his strength and has given him gladness and dancing. This made David want to sing so that he could praise and thank God.

Read Psalm 34

This is also a psalm of David, from when he pretended to be a madman before Achish, king of Gath (see I Samuel 21:10-15). This psalm is about deliverance (escape) and uses the name "the LORD" (first introduced when the children of Israel were delivered from Egypt – Exodus 3:13-15) 15 times. In verses 1-7 David praises the Lord and calls others to join him. In verses 8-10 David speaks of the blessings associated with trusting and fearing the Lord. David teaches about "the fear of the Lord" in verses 11-14. In verses 15-22 he writes of the privileges of the righteous, the ultimate one being

verse 22, where it says, "The Lord redeems the life of his servants; none of those who take refuge in him will be condemned." A point to consider is John 19:36 quotes Psalm 34:20.

In Luke 1:46-55 Mary, the mother of Jesus broke into song. Her song glorified God for what He was doing for the world through her. Compare Mary's song with Psalm 34.

Read Psalm 40

David talks of the benefit of trusting God (verses 1-4) and how obedience is the best sacrifice (verses 5-10 – compare I Samuel 15:22), his prayer for God to preserve and deliver him even though he had sinned (verses 11-17) and his confidence in God's mercy.

Read Psalm 130

This psalm is an expression of confidence that God will save the person who waits with hope for God's redeeming action.

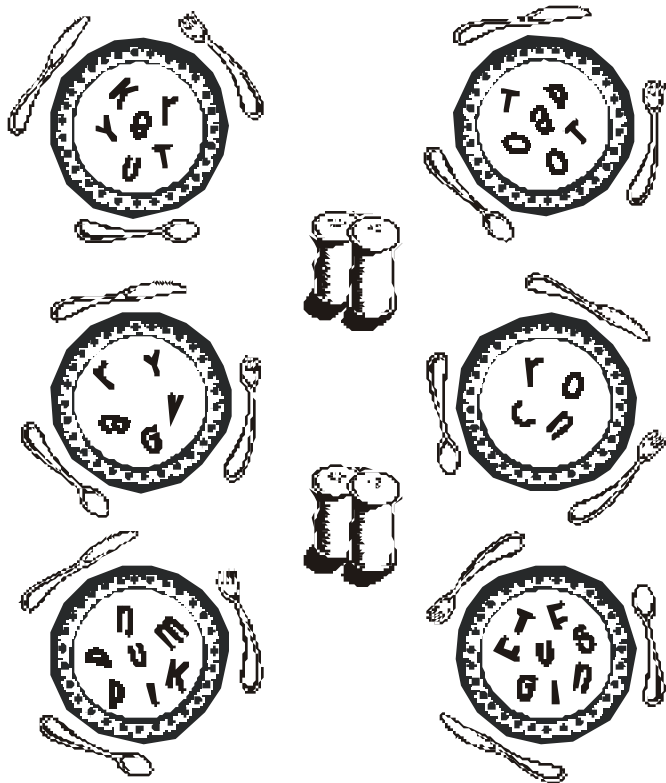


As you read the book of Psalms, notice how the writer shares his honest feelings with God. God wants each of us to communicate our true feelings with Him. When you are not open, honest and genuine with God, you run the risk of having a shallow relationship with your Creator. Being honest and genuine with God in prayer allows you to have a close and personal relationship with Him. Whenever you are at a loss of words when talking to God, turn to the book of Psalms for inspiration.

Sabbath Keeping Youth

Food Frustration

Have you ever sat down to a meal and wondered what was on the plate? Whether its mystery meat or lima beans, you'll never know until you dig in. See how many of the food items below you can unscramble. Don't forget to pray before you eat!



Old Fashioned Treats

Here's what you need for old fashioned TAFFY!

1 adult helper / 2 cups of honey / 1 cup of sugar

1 cup of heavy cream

Here's what you do:

Combine ingredients in medium saucepan. Heat slowly until you can drop a small piece into cold water and it forms into a ball. At that point, let the rest of the mixture cool. When the candy is cool enough to touch, rub butter on your hands and pull the candy until it's golden in color. Cut into small pieces and enjoy.

Here's what you need for Popcorn Balls

½ cup brown sugar

¼ cup butter

½ cup dark corn syrup

¼ teaspoon salt

8 cups popped popcorn

Heat all ingredients, except popcorn, to boiling in Dutch oven over medium heat, stirring constantly. Boil and stir 2 minutes; remove from heat. Stir popcorn until well coated. Dip hands in cold water. Shape mixture into 16 balls. Place on wax paper; cool. Wrap individually in plastic wrap.

Noni McVey
Youth Director
Church of God, International
P.O. Box 223675
Carmel, CA 93922